GUIDING THE WAY OF THE CCN TO SUPPORT SAILORS

This newsletter provides members of the Cultural Champion Network (CCN) with important and timely information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence (COE). This edition of The CCN Navigator primarily focuses on Sexual Assault Awareness and Prevention.

To subscribe, click here or email culturalchampions@navy.mil. Interested in reading past issues of The CCN Navigator? Click here to download!

ABOUT THE CCN NAVIGATOR

AWARENESS AND PREVENTION OF SEXUAL ASSAULT IN THE FLEET

BY LT EVELYN ZALESKI

Respect. Protect. Empower. This month we focus on the awareness and prevention of sexual assault in and throughout the Fleet. The Navy has spent years developing an effective sexual assault response capability, ensuring all victims of this crime are cared for and supported to the highest standard. Some of the individuals involved in the Navy’s response capability include:

- **Sexual Assault Response Coordinators (SARCs)**, who serve as the point of contact for all victim care needs
- **Sexual Assault Prevention and Response (SAPR) Victim Advocates (VAs)**, certified individuals who provide advocacy services and support to victims
- **Sexual Assault Medical Forensic Examiners (SAMFEs)**, specially trained medical providers who conduct Sexual Assault Forensic Exams
- **NCIS Special Agents**, law enforcement agents who aim to bring perpetrators to justice
- **Victims’ Legal Counsel (VLC)**, dedicated attorneys who assist victims as they navigate the legal and/or investigative process

But what if we could stop this crime from occurring in the first place? The Navy has been increasing its focus and resources dedicated toward primary prevention, which is defined in the DoDI 6400.09, “DoD Policy on Integrated Primary Prevention of Self-Directed Harm and Prohibited Abuse Or Harm,” as “stopping a self-directed harm and prohibited abusive or harmful act before it occurs.” This proactive approach aims to reduce the prevalence of all destructive behaviors, including sexual assault, by reducing risk factors (factors that increase the likelihood of self-directed harm and prohibited abusive or harmful acts), and increasing protective factors (factors that increase the ability to avoid risks and promote healthy behaviors).

April’s SAPR Call to Action of “Respect. Protect. Empower.” seeks to align sexual assault prevention with the Navy’s overall primary prevention effort by encouraging Sailors to Respect one another, Protect their shipmates, and Empower everyone to speak up when witnessing or having experienced destructive behaviors, not just throughout this month, but year-round. By upholding the Navy’s Culture of Excellence, Core Values, and Signature Behaviors, we can all do our part in preventing sexual assault.

Posters, digital signage, and social media banners for April’s Call to Action can be accessed and downloaded from the SAPR 22 Marketing page on NavyMWR.org.
ON YOUR RADAR

NAVY DRUG AND ALCOHOL DETERRENCE WEBINARS
The Drug and Alcohol Deterrence office continues to host weekly webinars for drug and alcohol program personnel. Visit Navy Drug Detection and Deterrence for the full schedule of upcoming webinars and information on how to join, or email MILL_NDSP@navy.mil.

MATERNITY UNIFORM PILOT PROGRAM (MPP)
The MPP (NAVADMIN 284/21) launched January 2, 2022 and will conclude September 30, 2026. The program is open to officers and enlisted, Active and Reserve Sailors assigned to CONUS and OCONUS commands. Participation in the program is voluntary and requires command endorsement. Selection for participation will be on a first-come, first-serve basis provided all eligibility requirements are met. More information on the program and eligibility requirements available online.

JOIN THE WEEKLY “E-OSC SUPPORT AND BEST PRACTICE HUDDLE” HOSTED BY OPNAV N17 AND NCCOSC STAFF!
Implementing Expanded Operational Stress Control (E-OSC) at your command is a very important process and requires a motivated and Proactive Team Leader. Beginning implementation is challenging and Team Leaders will benefit from the support of other Team Leaders at nearby commands, and subject matter experts at OPNAV N17 and NCCOSC. All Team Leaders are welcome to join in the virtual weekly support meeting to ask questions and solve problems in a collaborative environment.
The meeting occurs every Monday at 13:00EST/10:00PST. If you would like the meeting details, please email: eosc.fct@navy.mil

LEARN MORE: DIVERSITY, EQUITY, AND INCLUSION (DEI)
Mission
Promote DEI values to enhance operational readiness and support warfighting excellence.
Vision
To enable the Navy to achieve warfighting excellence by creating a culture that ensures an inclusive environment and leverages the strength of diversity.
Goals
• Diversity - Attract, recruit and retain a skilled and diverse workforce.
• Equity - Ensure access to resources and opportunities for each Sailor to be successful.
• Inclusion - Develop and retain our talent to enhance our warfighting advantage.
Did you know…
• Diverse teams may outperform homogenous ones in decision making because they process information more carefully.
• Hiring individuals who do not look, talk, or think like you can allow you to dodge the costly pitfalls of conformity, which discourages innovative thinking.
Interested in learning more? Please reach out to: ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil
PHYSICAL READINESS QUESTIONS AND ANSWERS
BY DAVID GREENE, SUPERVISORY SECTION LEADER, PHYSICAL READINESS PROGRAM

WILL PFA CYCLE CY2021 BE ENTERED INTO PRIMS-2?

Per NAVADMIN 264/21, CFLs will not enter PFA Cycle CY2021 data into PRIMS-2. CFLs will continue to maintain recorded PFA results on Official BCA / PRT Score Sheets on station for a period of five years.

WILL I BE ABLE TO “VALIDATE” FOR PFA CYCLE 1 2023?

Per NAVADMIN 040/22, Sailors who meet the criteria for validation will be eligible for exemption in the PRT portion only of PFA Cycle 1 2023 provided they meet Age Adjusted Standards for the BCA. Validation will be contingent upon the Navy conducting two PFA cycles in 2023.

NOW THAT I HAVE VERIFIED MY COMMAND ROSTER, HOW DO I GAIN SAILORS INTO MY COMMAND IF I CANNOT FIND THE SAILOR IN PRIMS-2?

First step is to work with the Sailor’s previous CFL to place the Sailor into a transfer status allowing you to gain them into your command. If unsuccessful, you can email the PRP Office at PRIMS@navy.mil for assistance. Your email has to include the Sailor’s DODID number and it must be encrypted.

WHEN WILL THE PHYSICAL READINESS CONTROL OFFICER (PRCO), ECHELON AND READ-ONLY ROLES BE ADDED TO PRIMS 2?

These roles are being developed with a goal of achieving prior to PFA Cycle 1 2023. The first successful priority was to ensure CFL/ACFLs had the ability to perform their duties effectively in PRIMS-2 and have access to input Cycle 1 2022 PFA data. Keep in mind, the number of authorized personnel with these roles has been limited. More info on roles can be found in Guide 10 located here.

SUPPLEMENT USE UPDATES FOR THE DOD

BY LCDR MELISSA AMESCUA, MS, RDN

Dietary Supplement use continues to grow at rapid levels. Improvement and maintaining health, losing weight, and gaining more muscle mass are just a few of the reasons people take supplements.

On March 4th 2022, there was a new Dietary Supplement instruction signed, DoD Instruction 6130.AA. This instruction provides details on using dietary supplements in the Department of Defense and establishes policy, responsibilities and procedures for dietary supplement use and education throughout the DoD. Here are some of the key takeaways from the instruction:

• Provides guidelines for dietary supplement use and establishes an official list of prohibited substances (which can be found on the OPSS.org website)
• Makes dietary supplement education a requirement for the following groups of people:
  - Service members and those providing Health Related Services to the Military (e.g. Healthcare personnel, health promotion specialists, fitness leaders, athletic trainers, and strength-and-conditioning specialists)
• Bans retail facilities on military installations from selling products containing ingredients on the DoD prohibited lists
• Requires healthcare workers to document dietary supplement use

Operation Supplement Safety is the go-to host for more information on this instruction, to include the prohibited substances list. To find out more information please go to the following site: https://www.opss.org/
MACS Israel Pineda, CMAA, serves aboard the USS Emory S. Land (AS 39) as the Legal Department’s LCPO. For him, that role is all about supporting his team. “My primary responsibility is taking care of my Sailors. If they succeed, I’ve done my job,” he said. “I believe it’s my duty to ensure they reach their personal and professional goals.”

Pineda believes that the best way to make that happen for his Sailors is to lead by example. “I set the standard. I want them to know that I’m there to support and guide them to success,” he said.

That support and guidance ties directly into how Pineda sees the Navy’s Culture of Excellence. “To me, it means teamwork,” he said. “If my Sailors succeed, then I succeed, then guess what – we ALL succeed!” Integrity is also central to Pineda’s leadership style. “I don’t believe in ‘do as I say and not as I do’ leadership,” he said. “I lead by example. I don’t ask or expect anything from my Sailors that I don’t ask or expect of myself.”

As Senior Chief Master-At-Arms, Pineda’s job provides him a unique perspective into what happens outside of the limelight in supporting Sailors. “A lot of times junior Sailors don’t see what the Chief’s Mess goes through behind the scenes,” said Pineda. “There’s a lot of moving parts, a lot of conversations had, a lot of blood, sweat, and tears to protect and support them.”

But even if his role requires making sacrifices for his Sailors, Pineda says it’s worth it in order to see them advancing in their careers. “There’s no other feeling like it,” said Pineda. “It’s like watching your own kids grow up. You have to feel a sense of pride when they earn a new ‘qual,’ take on a command collateral, or make the next rank. You feel like you’ve done your job right.” Pineda urges sailors to engage with their department’s leadership and utilize their Command Career Counselor. He says “focus on your rating” and you will be recognized by leadership.

To connect with MACS Pineda, or to learn more about resources or to nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email culturalchampions@navy.mil.

HOW TO RESPOND TO STRESS IN A HEALTHY WAY

COURTESY OF PROJECT 1 SMALL ACT

Sometimes, it might feel like stress comes from all directions at once – from juggling responsibilities at work, to navigating family life, to keeping up with friends or running errands, there’s often a lot to get done or make decisions on. Even though you can’t often control what life throws your way, you do have the power to manage how you respond and react to daily stressors. Controllability, one of the key Principles of Resilience, is about making choices that restore a sense of empowerment during adversity.

Rather than responding to stress with unhealthy behaviors, like binge drinking alcohol or isolating yourself, controllability is about recognizing emotions as they come, identifying problem-solving actions and feeling confident in ways you can cope and practice self-care. Finding out ways that work for you to respond to stress might take practice, but it’ll help prevent stress from escalating to distress.

To begin determining what types of habits you can incorporate into your stress management plan, consider the following ACTions:

- Take a few minutes to pause.
- Create a list of microbreak ideas.
- Think of the bigger context.

For more information, visit the Project 1 Small ACT blog here, and follow us on Facebook and Twitter.